

My Practice Schedule

Student Name:

Fill in school, work, family, and other activities. Fill in the dedicated times you will practice.

"A goal without a plan is just a wish!"

	M	Tu	W	Th	F	S
6:00						
6:30						
7:00						
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7:30						
8:00						
8:30						

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6:00						
6:30						
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7:00						
7:30						
8:00						
8:30						

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	M	Tu	W	Th	F	S
6:00	Shower	Shower	Shower	Shower	Shower	Sleep-in
6:30	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Sleep-in
7:00	Practice	Practice	Practice	Practice	Practice	Sleep-in
7:30	Bus Ride	Bus Ride	Bus Ride	Bus Ride	Bus Ride	Sleep-in
8:00	School	School	School	School	School	Sleep-in
8:30						Sleep-in
9:00						Breakfast
9:30						Practice
10:00						TV
10:30						TV
11:00						CleanRm
11:30						Practice
12:00						Lunch
12:30						Family
1:00						
1:30						
2:00						
2:30						
3:00	Practice	Practice	Soccer	Soccer	Soccer	
4:00	Homework	Homework				
4:30	TV	TV				
5:00	Dinner	Dinner				
5:30	Family	Family	TV	TV	TV	
6:00			Dinner	Dinner	Dinner	
6:30			Practice	Practice	Practice	
7:00			Homework	Homework	Homework	
7:30						
8:00						
8:30						

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	M	Tu	W	Th	F	S
6:00	Shower	Shower	Shower	Shower	Shower	Sleep-in
6:30	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Sleep-in
7:00	Practice	Practice	Practice	Practice	Practice	Sleep-in
7:30	Bus Ride	Bus Ride	Bus Ride	Bus Ride	Bus Ride	Sleep-in
8:00	School	School	School	School	School	Sleep-in
8:30						Sleep-in
9:00						Breakfast
9:30						Practice
10:00						TV
10:30						TV
11:00						CleanRm
11:30						Practice
12:00						Lunch
12:30						Family
1:00						
1:30						
2:00						
2:30						
3:00	Practice	Practice	Soccer	Soccer	Soccer	
4:00	Homework	Homework				
4:30	TV	TV				
5:00	Dinner	Dinner				
5:30	Family	Family	TV	TV	TV	
6:00			Dinner	Dinner	Dinner	
6:30			Practice	Practice	Practice	
7:00			Homework	Homework	Homework	
7:30						
8:00						
8:30						